

Amesbury Elementary & Cashman School

October 2007

If you have any questions, please call: **Andie Simard**, Director of Dining Services: (978-388-0507)

Monday		Tuesday		Wednesday		Thursday		Friday	
1 Hot Dog on a Whole Wheat Bun with Baked Beans		2 Baked Chicken Nuggets Vegetables and Mashed Potatoes		3 Tacos with Lettuce, cheese & Salsa		4 Toasted Cheese Sandwich with Tomato Soup		5  Balanced Choices Pizzeria Pizza with Vegetable Pasta Salad, Fresh Apple, Low Fat Milk	
Weekly Alternates:		Pasta w/Meat Sauce • “Elementary” fun lunch (Cheese, Yogurt, Carrots, Mini Bagels)							
8 Columbus Day		9 Chicken in Gravy Mashed Potatoes and Vegetables And Cranberry Sauce		10 Macaroni & Cheese With vegetables		11 Nacho chips with Spicy Meat, Cheese and salsa		12 Pizzeria Pizza with Fresh Vegetable Sticks	
Weekly Alternates:		Hot Dog on a Bun• “Dairy-dactyl” fun lunch (Yogurt, Cheese, Crackers, Carrots)							
15  Balanced Choices Chicken patty on a Whole wheat bun, Carrots, Fresh Orange, low fat milk		16 Breakfast for Lunch Pancakes with syrup, Breakfast sausage , Chilled Fruit		17 Chicken Fajita on Soft Tortilla Shell, Mexican Corn and Salsa		18  Balanced Choices Spaghetti with Meat Sauce, Broccoli, Fresh Apple Low Fat Milk		19 Pizzeria Pizza with Tossed Salad And Dressing	
Weekly Alternates:		Meatballs on a Bun • “Pete’s” pizza bagel fun lunch (Bagel, Cheese, Sauce)							
22 Meatballs, Mashed Potatoes and Vegetables		23 Cheeseburger on a Whole Wheat Bun, Baby Carrots Chilled Fruit		24 Sloppy Joe Sandwich on a Bun with Hot Vegetable		25 AES BBQ Rib Sandwich On a Bun With Potato Rounds and Tossed Salad CES Hot Dog with Baked Beans and Salad		26 Pizzeria Pizza with Fresh Vegetable Sticks	
Weekly Alternates:		Chicken Nuggets w/roll • “Elementary” fun lunch (Cheese, Yogurt, Carrots, Mini Bagels)							
29 Nacho Chips with Cheese Sauce, Mexican corn		30  Balanced Choices Beefaroni, Corn, Garlic Bread Fresh Apple		31 Happy Halloween Ghostly Chicken Nuggets, Gooney Green Beans Special Treat Day!					
Weekly Alternates:		Hamburger on a Bun• “Dairy-dactyl” fun lunch (Yogurt, Cheese, Crackers, Carrots)							

All meals are served with a choice of milk (whole, low fat or chocolate) and fruit (fresh or chilled)

Lunch meal price: \$2.00 • Reduced meal price: \$0.40 • Teacher Price \$3.00 • Milk: \$0.50

This Month's Topic: Vegetables

Theodore has set up a wonderful prop of vegetables to paint for art class. This is going to be the tastiest painting he has ever done. A couple of years ago, Theodore was eating his school lunch and always thought he didn't like peas and corn. A fellow student dared him to try them, so he took a big spoonful and ate them. He was expecting a bad taste but instead, he loved his vegetables! Fresh

Vegetables are great snacks because they are low in fat and calories and fill you up quick!



Look for this Icon for Healthy Choices meals

Please be aware that some foods may contain “undeclared” peanut products. Contact the food service director if you have any questions.